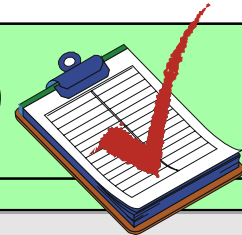


# CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

June 26, 2000

## NEWS BRIEFS

### Blood Drive July 11

An employee blood drive sponsored by CHS and CFC will be held Tuesday, July 11 from 9 a.m. to 1:30 p.m. Check with division recruiters to schedule an appointment.

### July 4th Holiday

Tuesday, July 4th is a state and national holiday. Enjoy the day off and be careful on the road, in the water or wherever you may be. Please make sure you and your children avoid dangerous fireworks.



TIP OF  
THE  
WEEK

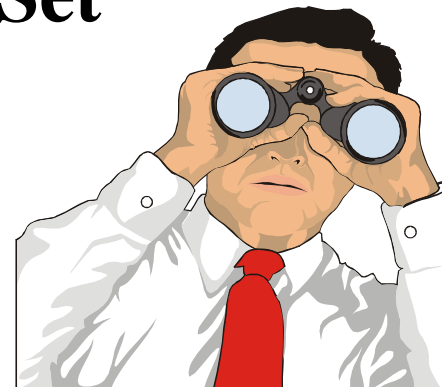
Clinical depression is a serious medical condition requiring professional evaluation and treatment. Symptoms include a persistent sad or empty-feeling mood, a change in sleeping habits, changes in appetite or weight, loss of interest in activities formerly enjoyed, fatigue, feelings of hopelessness, and thoughts of suicide. Anyone experiencing these symptoms should be encouraged to see their physician and/or mental health professional.

## CHS Job Fair Set For July 15

CHS is looking for a few more good employees.


CHS will be sponsoring a job fair on Saturday, July 15 at the CHR Complex in Frankfort. The cabinet is seeking applicants in the following areas:

**Licensed Social Workers**  
**Dental Program Personnel**  
**Dietician Program Coordinators**  
**Pharmacists**  
**Forensic Scientist Specialists**  
**Administrative Managers**  
**Day Care Inspectors**  
**Physical Therapists**  
**Medical Epidemiologists**  
**Microbiologists**  
**Chemistry Lab Managers**  
**Financial Managers**



### Looking for some applicants


The fair will be in the cafeteria from 9 a.m. to 3 p.m. Managers will be on hand to answer questions and assist in filling out applications. If you have friends or colleagues who may be interested, please encourage them to attend.

For more information, call Dora Kerns at 502-564-2781, ext. 3904. 

## Watch For Work During Next Few Months In CHR Building

There will be a lot of work completed in the next few months on various floors of the CHR Building. This includes removal of vinyl wall covering, painting walls, replacing carpet on the 4<sup>th</sup> and 5<sup>th</sup> floors. Approximately 8,000 square feet of the Vital Statistics area on the 1<sup>st</sup> floor will receive new floor coverings. Building Operations staff will be removing, washing,

and replacing ceiling slats in these areas as the other work goes on. All of the work will be done within enclosed areas in several phases during the remainder of this calendar year. The remaining floors should receive new carpet and paint in the near future.

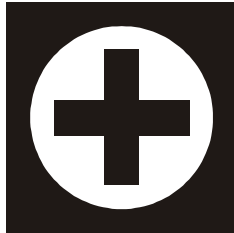
Feel free to contact John Mynhier or Phil Adkins at 564-2640 with any questions or problems. 

## Red Cross Classes This Summer Cover First Aid, CPR And More

The Franklin County Chapter of the American Red Cross is offering several classes during the summer months that may be of interest to CHS employees in the Frankfort area.

Most of the classes start in July and will be held in August and September. The classes include: **Community First Aid & Safety;**

**Standard First Aid/Adult CPR; Adult, Infant and Child CPR; and others.**



For registration or more information, call the Red Cross at 502-223-1795 or use their e-mail at [FCKYRC@aol.com](mailto:FCKYRC@aol.com). There is a fee and registration is required. The chapter is located at 318 Washington St.



## Check It Out

USA Today recently reported in the Weekend magazine that there are more than 25,000 health sites on the Web. In a guide to Health Online, the article compiled a list of the most helpful sites and some advice on how to use them.

We will periodically print excerpts from the article in this newsletter. This week we will begin with "Where to start."

### Cruise the big, flashy sites

The big health sites can be fun and informative but can be shaped by commercial sponsorships of drug makers and other special interests. Most commercial health sites have:

- a news section
- a library with reference books, frequently asked questions, health articles
- communities of interest that chat or post messages

- an "ask the expert" section
- tools to track your own health or a child's
- e-mail newsletters

### Notable biggies:

[drkoop.com](http://drkoop.com)  
[thriveonline.com](http://thriveonline.com)  
[healthcentral.com](http://healthcentral.com)  
[mayohealth.org](http://mayohealth.org)  
[healthwatch.medscape.com](http://healthwatch.medscape.com)  
[webmd.com](http://webmd.com)  
[achoo.com](http://achoo.com)  
[HealthAtoZ.com](http://HealthAtoZ.com)  
[discoveryhealth.com](http://discoveryhealth.com)  
[onhealth.com](http://onhealth.com)  
[intelihealth.com](http://intelihealth.com)

### Work the non-commercial gateways

[healthfinder.com](http://healthfinder.com) is a site from the U.S. government which has user-friendly, healthfinder categories that range from medical journals to infant, child, teen, men, women and minority health.

It is considered a top search engine for health with links to online publica-

## Pat Rickard Retires From Local Health Operations

Pat Rickard, director of the Division of Local Health Operations, is retiring this month. He started teaching school in 1966, then became an environmental health inspector in Fulton County in 1970 and then transferred to the state in 1971.

"I joined the Division of Local Health in 1971. Twenty-nine years later its called the Division of Local Health again," Pat said when asked about his jobs over the years.

tions, clearinghouses, databases, Web sites, support and self-help groups.

[chid.nih.gov](http://chid.nih.gov) Want to find articles on any health topic? CHID (Combined Health Information Database), a bibliographic database produced by health agencies of the U.S. government, is a small, no-nonsense search engine that gives big results.

[www.medmatrix.org](http://www.medmatrix.org) Its categories may seem dry (the site is meant for clinicians), but the site has links to hundreds of Internet health sites on obscure topics. "Patient Education" feature links to many top general medical information sites.

[noah.cuny.edu](http://noah.cuny.edu) An outstanding bilingual site (all information is available in Spanish), it offers frequent updates and links to newsletters. "Word Search" feature brings up a wealth of health information.

**Next issue: Where to learn to live well.**

Source: USA Weekend, June 2-4, 2000.

